

Soulful Bowls

Greens and grits adapted from *Vegan Soul Kitchen*, by Bryant Terry

Chicken adapted from www.mccormick.com

Serves 4

1 lb boneless, skinless chicken breasts
1 TBSP smoked paprika
1 teaspoon garlic powder
2 teaspoons dried thyme (rubbed)
Kosher salt
Freshly ground black pepper
4 cups vegetable broth
1 cup stoneground grits (dry)
1 cup cheddar or gouda cheese, shredded
½ cup half and half
2 green onions, sliced
1 pint cherry tomatoes, halved
2 bunches collard greens, stems removed, thinly sliced
1 TBSP olive oil
2 cloves garlic, minced
¾ cup raisins
½ cup orange juice

Preheat oven to 350°.

In a small bowl, add smoked paprika, garlic powder and thyme. Stir to combine. Rub chicken breasts with spice mix. Season with salt and pepper. Place on parchment-lined baking sheet and bake until cooked through, about 20 minutes. Let chicken rest for 10 minutes. Slice or cube before serving.

In a medium saucepan, over medium-high heat, bring vegetable broth and a pinch of salt to a boil, stir in grits. Reduce heat to a simmer. Cover. Cook, stirring frequently, until grits are tender, but still toothy (about 45 minutes). Stir in half and half and grated cheese. Season with salt and pepper. Add tomatoes and green onion and stir until barely combined. Set aside.

In a large skillet, heat olive oil over medium-high heat. Add collards and cook until wilted. Add in garlic and cook for 1 minute. Add orange juice and raisins. Season with salt and pepper. Cook until raisins are plumped and liquid is reduced.

Divide grits among 4 bowls (about 1 cup each). Top with collards and sliced chicken.

Nutrition Information per Serving Calories 531.6; Fat 16.3 g; Saturated Fat 6.5 g; Sodium 583.3 mg; Fiber 10.6 g; Sugars 29 g; Added Sugars 1.2 g; Protein 47.4 g